



## Kanimbla Valley: wildflowers

The wattles are just starting to flower. The red flowers are *Allocasuarina littoralis*. (Rosemary)



## Dargan: pagoda country

Even though I cannot get out much at the moment I can still walk in my backyard. And what a wonderful backyard. Beautiful views and some growth after the fires. (Karen)



July 2021



March 2020







## “Nackara”, Mulgoa

Sharing beautiful rays of sunshine with everyone.  
(Dina)



## Glenbrook: Marges Lookout

Penrith Lakes from Marges Lookout. One of my favourite walks on a lovely winter's day. (Heather)

## Glenbrook Lagoon

The beautiful flowers of the Sydney Golden Wattle (*Acacia longifolia*) are a sign that springtime is on the way to the lower Blue Mountains.

(Photo from Jenny)



### What is an interpretive bushwalk?

Some people walk in the bush for physical exercise, to test the body, to exercise the dog, to reach a destination.

Several of our contributors have been participating in interpretive bushwalking since the 1990s or longer. We have learned to observe and wonder why, to appreciate nature's response to seasonal changes and different weather conditions.

Interpretive bushwalkers usually walk with a destination in mind, but are easily distracted along the way. We try to be a blank canvas on which nature can etch its creativity.

The walks are leisurely with time to stop and look and appreciate the things around us. We share our knowledge and experiences. Some people know more about birds, plants, geology, local history and we learn from one another.

**“In every walk with nature one receives far more than he seeks” – John Muir.**





### Blackheath: Shipley Plateau and Mount Blackheath

Don and I drove to Mount Blackheath just before sunset. We walked a while and noticed the lovely clouds and colours of the sunset and that it was very cold and windy. We saw no other people. As we drove home it was becoming dark. Between Mount Blackheath and the turnoff, we saw lots and lots of Eastern Grey Kangaroos grazing in the paddocks, some alongside sheep and alpacas. The kangaroo on the road in front of us appeared to be too interested in something in the bushland to pay any attention to our vehicle. (Christine)

(Your photo) had a profound effect on me. I find it mysterious ... otherworldly, yet real - like you were magically granted a view into a secret, or at least private, moment between the kangaroo & something out of sight. (Bernadette)



### Winmalee: burnt but still beautiful

A peaceful and relaxing walk. Views not spectacular. But the avenue of Melaleucas, although burnt, is still beautiful. And the clearing among the ferns is a pretty place to sit and daydream.

Being able to enjoy walks like this will help me to endure this never-ending lockdown. (Sandra)







### Mount Victoria - Henry Lawson Rock

Today I returned to look at the view from Henry Lawson Rock, a short walk from home. I went there last week but the sun was hidden behind clouds and the wind was blowing a gale. Today however, it was calm and sunny - the perfect day to enjoy the view into the Kanimbla Valley below. The Rock is appropriately on the Henry Lawson Walk, a track Lawson is thought to have frequented when he lived in the town in the 1880s. (Jim L)



### South Coast, Wollongong - Rocks

Greetings all Mountains folk from the coast - Dharawal, Wodi Wodi and Dhargarigal country.

Entries invited as to the pattern on the rock (cast iron or hieroglyphs or something else?) as well as the trivia answer today - and question of yesterday - on the AEMSC notice board (photos above) This keeps the tradition set by Don's trivia quizzes during TING multi-day trips.

Keep well, keep safe, keep away, above all keep walking.  
(Geoff, feeling so much younger)

In Memory of George Cole 1942 - 2010

**A.E.M.S.C. NOTICE BOARD**

FRIDAY 30th JULY

FORECAST	SUNNY 8°-19°
POOL TEMP.	14.9
TURBIDITY	1
HIGH TIDE	1:08 PM
LOW TIDE	6:46 AM
SUNRISE	6:50
SUNSET	5:14

**TODAY'S QUIZ**

2 TRAINS LEAVE A STATION AT THE SAME TIME, TRAVELLING THE SAME SPEED. TRAIN A TRAVELS NORTH FOR 60 KMS. TRAIN B TRAVELS EAST FOR 80 KMS. HOW FAR APART ARE THE TRAINS NOW?

**YESTERDAY'S ANSWER**

FOLSON PRISON BLUES 1956  
JOHNNY CASH  
LAST TRAIN TO CLARKSVILLE 1966  
THE MONKEES

